

EMPLOYEE TRAINING RECORD

TRAINING TITLE **Foot Protection**

KEY TEACHING POINTS

PURPOSE

Foot protection is required for employees who are exposed to foot injuries from electrical hazards, hot, corrosive, poisonous substances, falling objects, crushing or penetration actions which may cause injuries or who work in abnormally wet locations.

TYPES OF FOOT PROTECTION

Safety Shoes

Must meet ANSI Z41 standards and provides protection from electrical hazards, hot, corrosive, poisonous substances, falling objects, crushing or penetration actions which may cause injuries.

Overboots

Provides protection in wet and damp locations. May be worn over other footwear or as an independent boot.

Metatarsal Guards

Straps or laces on top of footwear to provide impact protection to the metatarsal (instep) region of the foot.

Chemical Resistant

Designed to provide protection from harmful effects of exposure of footwear to chemicals.

Electricians

Designed to provide electrical protection to workers. The toe is not steel but made of a polymeric material.

INSPECTION

Should be inspected weekly for cracks, breaks, tears, cuts, chips, and other conditions that would make them unserviceable. Inspect soles for holes and tread. Holes will allow penetration when stepping on sharp objects. Poor tread allows slips and falls when working on wet, oily, or slippery surfaces.

CLEANING

Clean on a regular basis. Dirt, oil, water, and chemicals degrade the protective quality and shorten the life of the footwear. Use a dry brush to clean off dirty boots. Wet boots must be allowed to air dry by suspending them upside down - this allows them to maintain their shape. Leather boots should be protected against water by putting on a water repellent and periodically polishing them.

FOOT CARE - SOCK TIPS

Wear socks that are 100% cotton. This is because cotton absorbs sweat, which keeps your feet cooler and free from rashes and other skin problems. Change your socks frequently, depending upon how much your feet perspire. This will also help prevent infections and skin diseases.

TEST

QUESTION			ANSWERS	
			TRUE	FALSE
1 Safety shoes are required for all places of work.				
2 Safety shoes will protect your feet from crushing injuries.				
3 Wear socks that are 100% cotton because the cotton is cooler.				
4 Polishing your boots periodically will help protect them.				
5 Inspect your boots once a year.				
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE		
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE		